

60 MILES

Of scenery between Honolulu and Haleiwa to charm the eye and at the end of the journey a hotel with inside and outside comfort near to Nature's Heart. And the rates are low.

ST. CLAIR BIDGOOD, Manager.

NEW BENEFIT MAY BE ADDED

WHEREAS, Many of the members of THE HARRISON MUTUAL BURIAL ASSOCIATION are in limited financial circumstances, and whereas Forty or Fifty Dollars to use by a family following a death therein would be a great blessing:

THEREFORE, Be it resolved by us, the Board of Control of The Harrison Mutual Burial Association, that we offer all of the members of the Association who wish it, an opportunity to establish such a fund for such a benefit, in the following manner, viz.:

By a vote of the members of the Association who are in good standing two-thirds declaring for it. The article to be known as No. 22 of our By-Laws:

ARTICLE 22. We, the BOARD OF CONTROL OF THE HARRISON MUTUAL BURIAL ASSOCIATION, may, on or before Dec. 15, 1907, order an assessment of \$1.00 on each member of the association, to be delinquent on Jan. 15, 1908. The proceeds of such assessment is to be used as follows: the family of the deceased member who pays for such benefit will receive \$50.00 less 20 per cent which 20 per cent to be used by the Secretary for the making and collecting said assessment together with his labor in connection with the matter. And whenever the amount of the fund is reduced to less than \$100 the Board of Control shall levy another assessment to replenish it. The failure of a member to pay his or her assessment within thirty days thereafter it is levied, forfeits all rights to the benefit, but rights may be renewed at any time by the delinquent, if in good health, by paying up all assessments with the penalties, which penalties are ten cents on each assessment for each month's delinquency. The relief benefit to be paid to all such members as are entitled to it on and after Jan. 1, 1908.

BATHS TO TAKE DOWN WEIGHT

Mud, Sand, Steam and Perfumery Dips to Take Off Flesh.

In these days when it is fashionable to be thin the beauty makers are inventing new baths to reduce one's weight.

The old fashioned hot sand baths of Germany are renowned. Recently a new bath was opened and several princesses were invited to bathe on the opening day to give the establishment the necessary social standing.

The sand was heated and the princesses, clad only in the thinnest of muslin garments, were buried in it up to their chins. They sat until the perspiration began to roll off, after which they were released and rubbed down. A course of two weeks produced a great change in the royal complexions.

The latest means to reduce one's weight is the soda bath. The patient is immersed in hot soda water up to the chin and she remains under the water until the perspiration starts upon the face, which means that the skin is awake. The patient then gets out of the bath and puts on a flannel robe and goes to bed to finish the perspiration. The soda bath may or may not be healthful, but it certainly takes off flesh. A woman who has just come from Vienna, where the soda bath flourishes, says that she took a bath three times a week in a tub filled with water as hot as her skin could bear.

In the tub there was half a pound of washing soda and a full pound of bicarbonate of soda. The bath was followed by a sponging with clear hot water and a quick massage with a rough towel. The fat seemed to spirit itself away with this treatment.

Then there is the Chicago bath, which was introduced by a German physician as a substitute for the mud bath.

"I cannot advise the mud bath in this climate," said he. "There is not enough dryness in the air. You will catch cold and contract rheumatism. The bath for reduction in the Chicago climate is the hot water bath—the bath which invigorates while it reduces."

The German physician insisted that the water be distilled and that it be softened with borax. He also asked that it be a steadily running bath.

The patient was immersed in a tub of hot water. Then as she became accustomed to the water it was gradually made hotter.

In half an hour the patient found that she was perspiring freely. Following this, she took some violent gymnastic exercises. Her weight went down half a pound a day.

When reducing the proper amount for the average woman to lose is half a pound a day. Any more is injurious.

"The most important pound is the first pound," says a reduction specialist. "Afterward it is a question of perseverance."

"I find that it is not a question of eating, nor a question of drinking nor yet a question of exercise. It is a combination of all these."

"No one thing will reduce the weight. It is also a question of temperament. The woman who nags is generally very thin. The easy, tranquil temperament is the one that puts on flesh."

"When I reduce people I insist that they exercise, diet and also endeavor to become thin. Unless a woman really wants to get thin she will never do so. It is largely a question of will power."

There are salt baths that bring down the weight, but the woman who tries them should have a set of scales in her bathroom. The trouble is that she may reduce too rapidly.

The French have a new reduction system which is called the spice bath. To make it one must have two ounces of mixed spices, stick cinnamon, whole cloves and allspice. This is thrown into a tub and a cup of sea salt is then added.

The hot water is turned on and the tub is filled with scalding water which extracts the essence from the spices. The bath is supposed to bring out the perspiration and steady the nerves.

The Queen of Portugal has a bath which is said to be a wonderful thing for the woman who wants to keep her shape.

The bath is made by mixing alcohol and sweet herbs until there is a perfumed mixture. Lavender flowers, sweet clover and rose leaves are covered with alcohol and cologne, half and half.

Half a pint of this is thrown into a bathtub and the hot water is drawn. This is done the night before and in the morning the bath is ready.

It is cold, yet only as cold as the room; it should not chill the skin. This bath is excellent for the athletic woman. Queen Amelia finds it a great preservative of her youthful lines.

The Czarina has a bath which she considers the best of all things for the tired woman. It is also fine for the fat woman, and the Czarina, fearing, fat, takes it almost daily. It is a bath which any woman might take, for it is not costly. It is a very hot bath, and one must not stay in it too long.

A pint of orange flower water is made milky with benzoin. The tub is filled with water and the milky mixture is stirred in. It makes a very sweet smelling bath. Russian women keep this bath hot by steadily adding boiling water to it.

The electric bath is one of the newest things for reducing the weight. It is quite different from the medicinal baths of the same name and is electric only in that the water is heated with an electric coil. A tub of water is drawn and some ammonia is poured into it.

The electric coil is thrown into the tub and the water is heated in this manner. The advantage of the electric coil is that the water can be kept at an even temperature. When too hot the current is turned off and when it is getting cold it can be turned on again.

There is a very cheap reduction bath which is second to none in the matter of efficiency. The materials are soft water, rainwater is best. But if one cannot get rainwater or soft water one can soften ordinary water with a little borax or some powdered oatmeal.

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Mr. Fred New last seen Christmas, 1906, on west-bound passenger train at Caldwell, Idaho. Please report any knowledge of him to his father, A. L. New, Greenfield, Ind.

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